Happy New Year!!
Happy New Year! A new year, fresh start, and new beginnings. As we all are doing our part and sheltering in place, there are many that are working hard as first responders, nurses, doctors, store clerks, delivery personnel and all other essential workers. We would like to continue to thank them for continuing their vital work during this time. Please say thank you and show your appreciation whenever possible. That appreciation may be in a simple form of patience. The new year is also a time for opportunity. Check out the program offerings we have for (p4). If you have suggestions for more classes, let us know: rec@cityofgilroy.org or (408) 846-0414.

I wish you a wonderful new year filled with abundance, joy, and treasured moments. May 2021 be your best year yet!

From The Gilroy E-Mail Express

Unfortunately, COVID case counts continue to climb around the country and Gilroy is no exception. Santa Clara County issued a Travel Quarantine requiring a 14-day quarantine for returning travelers and a revised Mandatory Directive which does not allow indoor dinning and reduced the size of allowable outdoor gatherings.

Vaccines are one critical tool for stopping the pandemic. Stopping the pandemic will take this tool along with all other tools in the toolbox including social distancing and wearing a mask. Please continue social distancing to help protect our community.

More information can be found on
• The County’s FB Page (I get a lot of my content from here): https://www.facebook.com/sccoem
• The County’s website: https://www.sccgov.org/sites/covid19/Pages/social-media-resources.aspx
• The County’s press releases: https://www.sccgov.org/sites/covid19/Pages/archives.aspx

STAY AT HOME

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A NEW Gilroy Testing Site is Open Near Downtown

Testing continues to be one of the most important tools in the fight against COVID-19. Free testing is available for anyone without symptoms at the following locations:

Gilroy Civic Center (NEW LOCATION)
7351 Church Street (between 6th and 7th Street)
Friday through Tuesday, 7:00 AM – 7:00 PM

By appointment only: call 1-888-634-1123 or visit lhi.care/covidtesting

South County Annex (formerly Del Buono Elementary)
9300 Wren Avenue
Tuesday through Friday, 11:00 AM – 5:30 PM
Walk-in testing

The County Health Department recommends the following persons get tested:
Anyone who has been exposed to someone who tested positive
Anyone who works with the public should get tested once a month
Anyone who rides public transit
Anyone who attends a mass gathering

Persons experiencing COVID-19 symptoms should contact their health provider for testing.

For more information on testing and available testing sites visit SCCFreeTest.org.
Please join us for Virtual Chair Yoga and/or In-Person Tai Chi.

REGISTER FOR CLASSES
Registration is taken on a first-come, first-served basis. Activities and classes are limited in size, so early registration is strongly suggested. All programs are subject to change without notice.

The Recreation Division has New Software
Your previous account will not be transferred.

**Step 1:** Visit our new registration website at www.cityofgilroy.org/reconline
Or you can scan the QR Code with your cell phone camera to access the website for more class information and to register.

**Step 2:** Create an account. Enter the account holder's information (must be an adult).

**Step 3:** Add additional account members like your spouse.

**Step 4:** Starting January 11, 2021, you can register for a class

Questions? rec@cityofgilroy.org or (408) 846-0460

ONLINE REGISTRATION BEGINS:
January 11, 2021 at 8:00 am
Martin Luther King Jr.

Martin Luther King, Jr., original name Michael King, Jr., (born January 15, 1929, Atlanta, Georgia, U.S.—died April 4, 1968, Memphis, Tennessee), Baptist minister and social activist who led the civil rights movement in the United States from the mid-1950s until his death by assassination in 1968. His leadership was fundamental to that movement’s success in ending the legal segregation of African Americans in the South and other parts of the United States. King rose to national prominence as head of the Southern Christian Leadership Conference, which promoted nonviolent tactics, such as the massive March on Washington (1963), to achieve civil rights. He was awarded the Nobel Peace Prize in 1964.

1. King’s birth name was Michael, not Martin.
The civil rights leader was born Michael King Jr. on January 15, 1929. In 1934, however, his father, a pastor at Atlanta’s Ebenezer Baptist Church, traveled to Germany and became inspired by the Protestant Reformation leader Martin Luther. As a result, King Sr. changed his own name as well as that of his 5-year-old son.

2. King entered college at the age of 15.
King was such a gifted student that he skipped grades nine and 12 before enrolling in 1944 at Morehouse College, the alma mater of his father and maternal grandfather. Although he was the son, grandson and great-grandson of Baptist ministers, King did not intend to follow the family vocation until Morehouse president Benjamin E. Mays, a noted theologian, convinced him otherwise. King was ordained before graduating college with a degree in sociology.

3. King received his doctorate in systematic theology.
After earning a divinity degree from Pennsylvania’s Crozer Theological Seminary, King attended graduate school at Boston University, where he received his Ph.D. degree in 1955. The title of his dissertation was “A Comparison of the Conceptions of God in the Thinking of Paul Tillich and Henry Nelson Wieman.”

4. King’s ‘I Have a Dream’ speech was not his first at the Lincoln Memorial.
Six years before his iconic oration at the March on Washington, King was among the civil rights leaders who spoke in the shadow of the Great Emancipator during the Prayer Pilgrimage for Freedom on May 17, 1957.

www.History.com
January Birthday Friday
January 8, 2021
Happy Birthday to our January - born Friends

Second Harvest Food Bank
BROWN BAG
January 7, 2021
January 21, 2021

Brown bag is every first and third THURSDAY of the month 9am-10am

Gilroy YMCA Nutrition Program
CLOSED
January 18, 2021
for Martin Luther King Jr. Day
**SELECT RESOURCES - SERVICES**

**YMCA Nutrition Program**

Leo Khooshabeh - Nutrition Coordinator
LKHOOSHABEH@YMCA.SV.ORG

Mt. Madonna YMCA is the Nutrition provider funded by Santa Clara County. Lunch is served Monday-Friday at 11:30 a.m. (please arrive no later than 11:00 a.m.) Suggested donation is $3 for anyone age 60 and over and $8 for those 60 years and younger.

**SOURCEWISE COMMUNITY RESOURCE SOLUTIONS**

Sourcewise provides free information and assistance with social security, housing and employment matters.

Appointments can be made by calling

DIANE MURILLO: SOURCEWISE COORDINATOR
408-762-7362

**SALA Senior Adults Legal Assistance**

Senior Adults Legal Assistance (SALA) provides FREE legal service at the Senior Center by appointment. To use SALA services, you must be a resident of Santa Clara County and 60 years of age or older. (408) 295-5991

**Meals-on-Wheels**

General Information: 800-510-2020
Hot Meals: 408-961-9870
Frozen Meals: 408-350-3246

**Did you know?**

The Gilroy Salvation Army offers FREE shelter, showers, meals and other services to the homeless community.

Phone: 408-848-5373
Address:
200 West 5th Street
Gilroy Ca. 95020

**Rebuilding Together Home Repair**

Call (408) 578-9519 to apply for NO-COST home repairs by a non-profit organization servicing Santa Clara County.

To qualify you must.....
* Be low-income
* Own a home within Gilroy
* Need home repairs, rehabilitation, and/or modifications.
Essential grocery items provided on the first and third Thursday of the month to pre-qualified older adults. Contact the Senior Center for further information.

Second Harvest Food Bank Brown Bag

GROCERY PROGRAM: 800-984-3663

Taxi rides are available to pre-qualified older adults and disabled county residents. Transportation is available for medical appointments, grocery shopping and any other transportation needs within Santa Clara County limits. A minimum of 2-3 days is required for scheduling purposes. Flash passes are available through most Walgreen stores, VTA’s Downtown Service Center and River Oaks Administrative office.

VTA

VTA ACCESS PARA-TRANSIT: 408-321-2300
VTA FLASH PASS- 408-846-0400

From all of us at the Gilroy Senior Center, Happy New Year!
<table>
<thead>
<tr>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>January</strong></td>
<td><strong>January</strong></td>
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<td><strong>January</strong></td>
</tr>
<tr>
<td>Suggested Contribution rate per meal: $3.00 (60 and over) A Meal Card $30.00 (11 meals) Required Guest Fee: $8.00 (under 60)</td>
<td>“No eligible individual shall be denied participation because Of failure or inability to contribute”</td>
<td><strong>HAPPY NEW YEAR 2021</strong></td>
<td><strong>HAPPY NEW YEAR 2021</strong></td>
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<tr>
<td><strong>GILROY SENIOR CENTER 2021</strong></td>
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<tr>
<td>Monday: 1 Homemde Beef Enchiladas Corn Tortilla Spanish Rice Tossed Green Salad Mandarin Oranges / Milk</td>
<td>Tuesday: 2 Pesto Chicken Penne Pasta Whole Grain Pasta Parsley Cauliflower Fruit Cup Milk</td>
<td>Wednesday: 3 Stuffed Bell Peppers Whole Grain Roll Garden Blend Vegetables LS Lentil Soup Fruit Cup Milk</td>
<td>Thursday: 4 Chile Verde Brown Steamed Rice Whole Pinto Beans with Diced Cilantro and Onion Fresh Fruit Milk</td>
</tr>
<tr>
<td>Friday: 5 Parmesan Baked Tilapia / Tartar Sauce Quinoa Spinach Salad with Carrots &amp; Cranberries Tropical Fruit / Milk</td>
<td>Saturday: Closed</td>
<td>Sunday: Closed</td>
<td><strong>HAPPY NEW YEAR 2021</strong></td>
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<tr>
<td>11 Beer battered Fish Taco / Corn Tortilla (1) Tartar Sauce Pico de Gallo / French Fries Green Salad Fruit Cup / Milk</td>
<td>12 Meat Loaf &amp; Gravy Whole Grain Roll Roasted Red Potatoes Steamed Carrots Fresh Fruit Milk</td>
<td>13 Pork Roast &amp; Gravy Whole Grain Bread Mix Vegetables Sweet Potatoes Pineapple Tidbits Milk</td>
<td>14 Chicken Teriyaki Steamed Brown Rice Fresh Broccoli Green Salad with Red Bell Peppers Fruit Cup / Milk</td>
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<td>15 Cheeseburger Whole Grain Bun Tater Tots Lettuce, Onion, Tomato Pineapple Coleslaw Fruit / Milk</td>
<td>16 Meatball Soup Mix Vegetables in Entrée Romaine Salad with Cherry Tomatoes Fresh Fruit Milk</td>
<td>17 Herb Baked Chicken Brown Basmati Rice Steamed Carrots LS Cook’s Choice Soup Fruit Cocktail Cup Milk</td>
<td>18 Baked Salmon Tatar Sauce on the side Whole Grain Pasta Roasted Asparagus Fruit Cup Milk</td>
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<tr>
<td>19 BBQ Pork Ribs Whole Grain Garlic Bread Whole Kernel Corn Fresh Potato Salad Fresh Fruit Milk</td>
<td>20 Chicken Relleno with Tomato Sauce Refried Pinto Beans Whole Vegetable Soup Diced Peaches Milk</td>
<td>21 Roast Beef &amp; Gravy Whole Grain Roll Steamed Spinach Baked Potato Fresh Fruit Milk</td>
<td>22 Chicken Tostada Spanish Rice Sour Cream Whole Black Beans Green Salad Peach Cup / Milk</td>
</tr>
<tr>
<td>23 Tuna Salad Whole Grain Rice Fresh Vegetables Coleslaw Fresh Lemon / Milk</td>
<td>24 Crockpot French Onion Soup with Ham and Dumplings Roasted Carrots Coleslaw Fresh Fruit Milk</td>
<td>25 Chicken Alfredo Fettuccini Noodles Italian Blend Vegetables Romaine Green Salad Apple Sauce Milk</td>
<td>26 Chile Relleno with Tomato Sauce Refried Pinto Beans Whole Vegetable Soup Diced Peaches Milk</td>
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